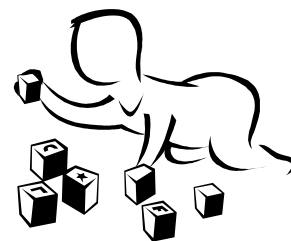


**GALLATIN CITY-COUNTY HEALTH DEPARTMENT
GROWTH & DEVELOPMENT**

9-12 Months



WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none">• Pulls to standing position from sitting• Gets to sitting position from stomach• Cruises around furniture• May take a few steps alone• Picks up a small object (Cheerio) using thumb & another finger• Bangs toys together (such as blocks)• Puts blocks or objects in & out of a container• Plays ball (rolls balls back to you)	<ul style="list-style-type: none">• Provide opportunity & space to practice creeping, crawling, pulling to standing & taking steps.• Offer toys to push & pull around.• Encourage play; show baby how to stack blocks, put objects in & out of containers.• Allow baby to explore & play in safe cupboards, with pots, pans, lids, plastic containers, wooden spoons, cups & bowls, etc.
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none">• Identifies caregiver by name: “mama” “dada”• Plays interactive game such as peek-a-boo or pat-a-cake• Waves bye-bye• Indicates wants in ways other than crying• Jabbers & may say 1-3 understandable words• Begins to respond to simple commands “Please give me the ball”• Understands more than he can express• Increased assertiveness; objects to toys being taken away• May understand “no” but may not obey	<ul style="list-style-type: none">• Provide quiet time without radio or TV.• Read simple picture books to your baby. Choose books with large, clear, bright illustrations.• Hug & cuddle your baby often. Sing songs or say rhymes. Smile & talk to your baby during bathing, mealtime and play.• Respond to the sounds your baby makes.• As you talk to your baby during the day, name everyday objects she may use or know (milk, cup, book).• Be realistic in your expectations.• Give simple commands, one at a time.• Be consistent with rules (no biting, no hitting).
SLEEP	SLEEP
<ul style="list-style-type: none">• Typically sleeps about 14 hours in a 24 hour period approximately 11 hours at night, and 2 naps during the day.	<ul style="list-style-type: none">• Provide consistent bed & nap time routines.• Make bed & nap time pleasant with a quiet story or singing.
FEEDING & GROWTH	
Birth weight triples by 12 months. Diet should consist of a variety of foods. May prefer finger foods to being fed. May begin to use spoon or fork. Help your baby hold & drink from a cup. Offer finger foods such as Cheerios, crackers, soft cooked fruits or vegetables. Bring baby’s chair to the table to include him in family meals. (See WIC guidelines and finger food information)	

Continued on back

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IMMUNIZATIONS

By the 12th month, your baby should have received; 3 Diphtheria, Tetanus & Pertussis (DtaP), 2 Polio (IPV), 3 Hepatitis B (Hep B) & 3 Haemophilus (Hib). The Measles, Mumps & Rubella (MMR) & Varicella (chickenpox) may be given after the first birthday.

SAFETY

- Use a correctly installed car safety seat every time baby rides in a car.
- Keep soft pillows, plastic bags and small objects away from your baby (an object is too small if it fits through a cardboard toilet paper roll).
- NEVER shake your baby.
- NEVER leave your baby unattended around pets, young children or water.
- Protect your baby from the sun by always applying a sunscreen with at least SPF 15 .
- Make sure both you & your child care provider are instructed in infant/child CPR
- Keep your baby's environment free from tobacco smoke and other smoke.
- Hot water tank temperature should be set at 120° to avoid accidental burns.
- Babies like bath water at body temperature. Test the water temperature with your wrist.
- Protect from falls, keep crib sides up and mattress at lowest level. Keep your hand on your baby at all times while he is on a high surface.
- Post poison control number by the phone. Keep Syrup of Ipecac on hand; check expiration date regularly. Choose consistent, quality child care.

Date: _____

Next Visit: _____

Notes: